



GUIDE 2024

WINTER

WINTER: 1/8 - 3/24

Member Registration: Now

Non-Member: 12/11

Regular Rate Begins: 12/11

SPRING

SPRING: 4/1 - 6/9

Member Registration: Now

Non-Member: 3/11

Regular Rate Begins: 3/11



2705 Techny Rd. Northbrook, IL 60062 • nsymca.org • 847-272-7250

The NSYMCA is a 501(c) non-profit organization, open and accessible to all. Visit nsymca.org for more information.

NEW For WINTER/SPRING 2024!

INDOOR PICKLEBALL

The North Suburban YMCA is now offering INDOOR PICKLEBALL in our full-size gym! ***See page 33**

PLEASE NOTE that a non-refundable associated fee of 3% will be added to all credit card transactions.

NEW! HEALTH & WELLNESS

- INTRO. TO STRENGTH TRAINING IN THE WEIGHT ROOM (PG. 10)
- WORKING OUT IN PERIMENOPAUSE (PG. 10)

NEW! ATHLETICS

- OTG SPORTS – FLAG FOOTBALL (PG. 30)

NEW! DANCE

- TIPSY TOES ADULT DANCE WORKSHOP (PG. 44)

NEW! VISUAL ARTS

- PRESCHOOL CLAY (PG. 48)
- JEWELRY (PG. 50)
- MIX IT UP (PG. 51)

NEW! YOUTH DEVELOPMENT

- “NAVIGATOR NIGHTS” MIDDLE SCHOOL SOCIAL EVENTS (PG. 56)
- “GYM JAM” PARENT/CHILD OPEN PLAY GYM (PG. 57)
- PRESCHOOL MUSIC CLASSES (PG. 57)
- CHESS CLASS BY GLENVIEW CHESS (PG. 58)
- STICKY FINGERS COOKING CLASS (PG. 58)
- BUCKET DRUMMING (PG. 59)
- SOARING SELF-ESTEEM (PG. 59)
- ONE-TIME S.T.E.A.M. WORKSHOPS (PG. 60)
- ONE-TIME MINDFULNESS WORKSHOPS (PG. 61)
- ONE-TIME NATURE GREEN EXPLORERS WORKSHOPS (PG. 62)





GYM JAM

**PARENT & CHILD
OPEN PLAY GYM**

WED & TH

10:00-11:00am

AGES: 0-5

**Members: FREE!
Non-Members: \$5**

**RUN, JUMP, PLAY,
& EXPLORE!**

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PROGRAM ENROLLMENT:

All programs have a minimum and maximum enrollment. If the minimum enrollment is not met prior to the start of the session, the NSYMCA may have to cancel, postpone or consolidate the program with another program. If the program is canceled, a voucher will be issued.

OUR BAD!

The NSYMCA has made every effort to prepare our marketing materials as accurately as possible, however errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The NSYMCA reserves the right to make any such adjustments. We apologize for any inconvenience these errors may have caused.

AREAS WE SERVE

Buffalo Grove	Libertyville
Deerfield	Lincolnshire
Glencoe	Northbrook
Glenview	Northfield
Highland Park	Riverwoods
Highwood	Wheeling
Lake Forest	Winnetka
Lake Bluff	

OUR MISSION

The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment. The YMCA is a community-based organization and believes that its programs and services should be available to everyone. Our scholarship program ensures that no one is turned away due to the inability to pay.

Building Hours		
Monday-Friday: 5:00am – 9:00pm	Saturday: 6:00am – 7:00pm	Sunday: 6:00am – 5:00pm
Free Babysitting While You Work Out	Pool Hours	Gym Hours
Please check our website for the most up to date Childwatch Hours, Pool Schedule and Gym Hours.		
Holiday Hours		
Christmas Eve: Dec. 24: Y Closes at 2pm	Christmas Day: Dec. 25: Closed	New Years Eve: Dec. 31: Y Closes at 2pm
New Years Day: Jan. 1: 9am – 5pm	Easter Sunday: March 31: Closed	Memorial Day: May 27: 5am-12pm
ON THE FOLLOWING DATES THERE WILL BE LIMITED ADULT FITNESS CLASSES AND NO PAID PROGRAM CLASSES:	Winter Break: 12/24 – 1/7	Spring Break: 3/25 – 3/31
	Easter Break: 3/29 after 3pm – 3/31	Healthy Kids Day: 5/11 before 12pm
	Memorial Day Weekend: 5/24 after 3pm – 5/27	
DOWNLOAD THE APP FOR UP TO DATE INFORMATION!		

THE TEAM

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Rentals Coordinator

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Visual Arts Director

MEMBER BENEFITS



FREE

- Unlimited group exercise classes including yoga, Pilates, TRX, cycle, and Les Mills programming
- Fitness assessment and consultation
- Special events for the whole family
- Family swimming and lap swimming
- Life enrichment seminars
- Open gym, volleyball, basketball, and pickleball
- Indoor & Outdoor Classes
- Virtual Classes

DISCOUNTS

- Camp
- Personal training
- Small group training
- Swim lessons
- Sports and gymnastics
- Performing and visual arts classes
- Educational enrichment classes
- Massage by Ruby Therapeutic Massages

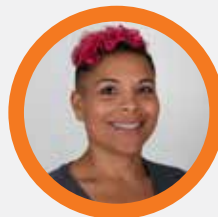
FACILITY FEATURES

- Two floors of the latest in cardio, strength, free weights and circuit training equipment
- Modern strength training center and track for all levels of users
- Six-lane, 25 yard pool, sauna, steam room, and whirlpool
- Full-sized gymnasium
- Three racquetball courts with free play
- Men's and women's locker rooms
- Family locker room



Financial assistance scholarships are available to those in need, stop at the guest services desk for more information!

HEALTH & WELLNESS



Megan Vazquez
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Roman Edingburg
Wellness Coordinator
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Karen Brownlee
Adult Programming
Coordinator
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FREE!



As part of your membership,
you receive complimentary:

FITNESS CENTER ORIENTATIONS:

Learn the cardio and/or strength equipment in the fitness center.

FITNESS CONSULTATIONS:

This consult gives a member an idea of what types of exercises they can do, what classes to take for their fitness level, and the opportunity to ask specific questions about any programs that we offer.

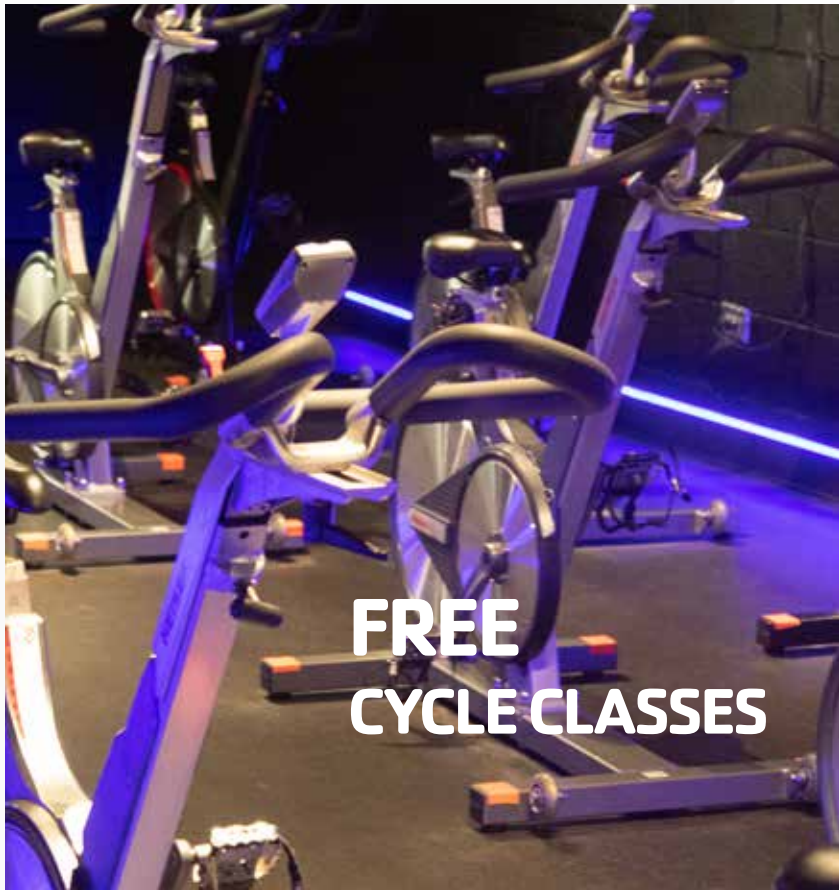
**YOU
MAKE A
DIFFERENCE!**

**Consider donating to our
community today!**

nsymca.org/give



**FREE
YOGA CLASSES**



**FREE
CYCLE CLASSES**

**FREE
UNLIMITED
CLASSES
FOR MEMBERS**

VIRTUAL 

Check out our Virtual Options at Virtual Y!

SCAN OUR QR FOR THE LATEST GROUP EXERCISE CLASSES



MORE THAN 60 CLASSES!

- | | |
|----------------------------|---------------------|
| Les Mills BODYCOMBAT™ | Cycle Classes |
| Les Mills BODYPUMP™ | Dance-Based Fitness |
| Les Mills CORE™ | HIIT Classes |
| Active Adult Classes (AOA) | Barre Classes |
| Aqua Classes | Strength Classes |
| Balance Classes | TRX Suspension |
| Barre Sculpt | Training |
| Cardio Classes | Yoga Classes |
| Cardio & Strength | Zumba® |
| Combo Classes | LaBlast |

BODY LIBERATION 101

Adult

This small group will help you develop a sense of purpose and self-worth outside of your appearance. This course will help you: recognize harmful messages in media and culture about female bodies, reflect on the ways those ideals have impacted our lives, and redefine the ways you think about beauty, health, and individual worth.

INTRO. TO STRENGTH TRAINING IN THE WEIGHT ROOM NEW

Adult

Do you feel like you don't belong in the weight room? Does everything feel too overwhelming to figure out. **You do belong!** This small group will help you increase your knowledge about strength training for YOUR body and help YOU feel comfortable in the weight room. You will learn how to use and set-up equipment and gain a better understanding of why we lift weights the way we do.

WORKING OUT IN PERIMENOPAUSE NEW

Adult

Did you know that perimenopause can start up to 6-10 years prior to your cycle stopping! As we enter the stage of perimenopause we need **adjust how we exercise?**

New research shows as we enter the perimenopause transition and into full menopause that we actually need to be lifting heavier weights, including agility exercises, and even sprint interval training can help counterbalance the loss of strength that comes with certain hormone fluctuations.

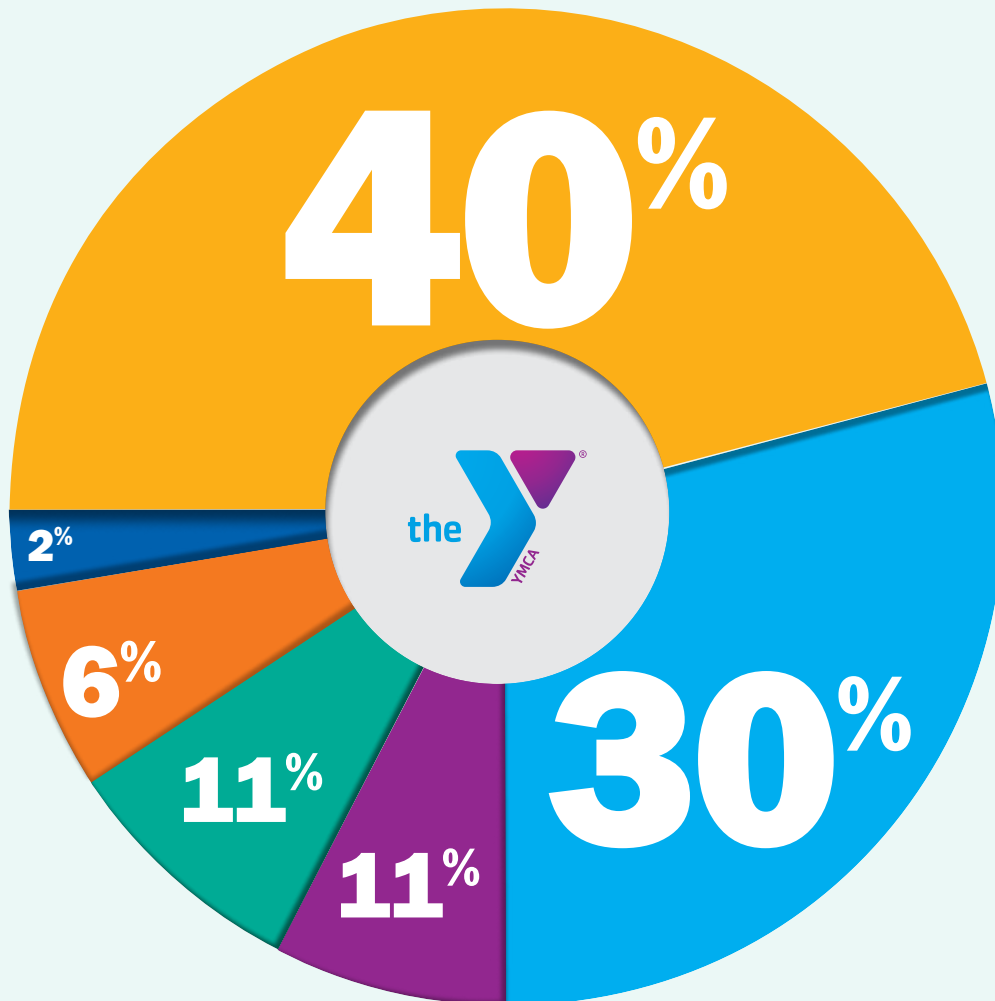
This small group will use the latest research to educate on the most effective programs for the body for the stage of perimenopause and beyond.



2024 WINTER/SPRING SESSION				Winter (1/8–3/24)			Spring (4/1–6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Body Liberation 101	18 yrs & up	Please contact Megan Vazquez at mvazquez@nsymca.org		\$253	\$275	\$352	\$207	\$225	\$256
Intro. To Strength Training in the Weight Room -NEW		M	9:30-10:30am						
Working Out in Perimenopause -NEW		W							

THANK YOU FOR YOUR CONTINUED SUPPORT!

While your **MEMBERSHIP FEES** keep our facility **running, maintained, and staffed**; your **DONATED DOLLARS** make an impact on our greater communities!



- | | |
|--|--|
|  Financial Assistance |  Special Needs |
|  Community Service |  YMCA Education Series |
|  Access for Community Non-profits |  Military and Layoff Financial Assistance |

CONSIDER MAKING A DONATION TODAY
AT [NSYMCA.ORG/GIVE](https://nsymca.org/give)



INDIVIDUAL TRAINING

Trainers will help you maintain dedication and eliminate guesswork from your exercise program. You will receive a training program custom-designed for your individual needs and goals.

MIND-BODY TRAINING

One-on-one yoga and/or Pilates sessions allow you the opportunity to receive personal guidance and instruction, with 100% of the trainer’s attention.

PARTNER TRAINING

Work with a friend, family member or co-worker to meet the same goals while working with a trainer.

SPECIAL NEEDS PERSONAL TRAINING

Certified trainers who participated in the ACSM/ Exercise Connection certificate are available to work with individuals with special needs to create a personal exercise plan which has been proven to increase focus, improve academic performance and reduce stereotypical behaviors for individuals on the spectrum of autism. [This program is available to all individuals with special needs. For additional information, please contact Megan Vazquez at Megan Vazquez at \[mvazquez@nsymca.org\]\(mailto:mvazquez@nsymca.org\)](#)

INDIVIDUAL TRAINING		
Session	YM	NM
1 hour	\$65	\$100
4 hours	\$260	\$400
8 hours	\$520	\$800
12 hours	\$754	
16 hours	\$960	
24 hours	\$1, 340	
PRIVATE MIND-BODY PERSONAL TRAINING		
Y MEMBERS ONLY		
1 hour	\$80	
4 hours	\$320	
8 hours	\$640	
12 hours	\$900	

PARTNER TRAINING		
Y MEMBERS ONLY		
4 hours	\$440	
8 hours	\$800	
12 hours	\$1,080	
SPECIAL NEEDS PERSONAL TRAINING		
Session	YM	NM
1 hour	\$60	\$100
45 min	\$45	\$85



Sat. May 11th

MORE INFO:
nsymca.org



YOUTH FITNESS

MOVE FOR LIFE

8-11 years

Move for Life will show children that physical activity can be fun and enjoyable. This class will use circuit training physical activities that are fun and engaging to help build confidence and healthy social relationships with their peers.

YOUTH GROUP TRAINING

9-12 years

Youth Group Training will focus on bodyweight, posture, strength, speed, endurance, coordination, and flexibility to build a good foundation for all sports.

**4 HOURS OF STUDENT
PERSONAL TRAINING
FOR \$208!**

See Student Personal Training
in the chart below.

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Move for Life	8-11 yrs	Please fill out interest form at the front desk.		\$220	\$264	\$330	\$180	\$216	\$270
Youth Group Training	9-12 yrs								
Student Personal Training (NSYMCA members only)	10-22 yrs			\$208					



**TRIVIA
NIGHT
FUNDRAISER**

THIS FEBRUARY

**MORE INFO:
nsymca.org**



CHRONIC DISEASE PREVENTION

DIABETES PREVENTION PROGRAM

18 years and up

Helps adults at high risk of developing type 2 diabetes reduce their risk by taking steps to improve their overall health and well-being. **Research by the National Institute of Health has shown that programs like the Y's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% overall and 71% in adults over the age of 60. Financial Assistance is available.**

ENHANCE® FITNESS

All Levels

The YMCA's Enhance® Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. For more information, please contact Megan Vazquez at [Megan Vazquez at mvazquez@nsymca.org](mailto:mvazquez@nsymca.org)

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Y's Diabetes Prevention Program (Virtual)	18 yrs & up	Please contact Megan Vazquez mvazquez@nsymca.org		\$529					
Enhance® Fitness		M,W,F	11:30-12:30pm	FREE		\$504	FREE		\$378

A group of children are playing outdoors, reaching up towards a ball. The scene is set in a park-like area with trees and a playground in the background.

WE'RE PROUD TO SUPPORT THE NORTH SUBURBAN YMCA

Being a true local bank means doing our part to give back to the organizations that unite and strengthen our area. We're proud to support the North Suburban YMCA and its dedication to ensuring everyone in our community has the opportunity to learn, grow, and thrive.

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- Sports Neurology
- Rehab
- MRI
- Health and Performance
- Sports Medicine

ibji.com

BASIC CARDIO

Adult

Utilize low-impact moves in this joint-friendly class. Geared for a low to moderate intensity level, the class will include cardiovascular, strengthening, and stretching exercises.

CARDIO & LIGHT WEIGHTS

Adult

This new class combines 45 minutes of cardiovascular exercises interspersed with three sections of lifting light weights as an interval training workout to get your heart rate up and train your heart and lungs to improve their function while maintaining and possibly building muscle strength in your extremities. The 45 minutes includes a warm-up and cool-down and is followed by a 15-minute full-body stretch. Students are encouraged at their own pace and within their own fitness level throughout the class. Everyone's fitness levels differ and we will discuss the importance of interval training and what that means to each individual regularly so that you can assess where you are and can adjust accordingly.

CHAIR YOGA

Adult

One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

ENHANCE® FITNESS

All Levels

The YMCA's Enhance® Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living. For more information, please contact Megan Vazquez at [Megan Vazquez at mvazquez@nsymca.org](mailto:mvazquez@nsymca.org)

2024 WINTER/SPRING SESSION		Winter (1/8-3/24)		Spring (4/1-6/9)			
		NOW	12/11	NOW	3/11		
Day	Time	\$ YM	\$ NM	\$ YM	\$ NM		
BASIC CARDIO							
M	10:15-11:10am	FREE	\$176	FREE	\$144		
W					\$160		
F					\$144		
CARDIO & LIGHT WEIGHTS (Winter Session: VIRTUAL ONLY)							
M	7:55-8:40am	\$165	\$198	\$209	\$135	\$162	\$171
F							
CHAIR YOGA							
T	11:15-12:15pm	FREE	\$209	FREE	\$190		
Th							
ENHANCE® FITNESS							
M,W,F	11:30-12:30pm	FREE	\$504	FREE	\$378		

FREE Water Fitness Classes Available PG. 26



CORE AND FUNCTIONAL STRENGTH

Adult

This class is designed for seniors and for people with special bodily challenges who want to pay close attention to form and function. In FS&C we work to build strength focusing on core, posture and how body parts interact while moving functionally throughout your day. We incorporate bodyweight exercises, dumbbells and balance moves to build strength and endurance. The class ends with 15 minutes of flexibility exercises designed to reduce muscle soreness and improve functionality.

ENHANCE YOUR BALANCE

Adult

Enhance Your Balance will incorporate a variety of exercises including balance, coordination, bodyweight strength, and flexibility to prevent falls, improve balance, and increase the ability to navigate surroundings.

IMPROVE YOUR BALANCE + CARDIO

Adult

If you have any concerns about your balance or are noticing changes in your ability to balance, this class is for you. Improve Your Balance takes you through a series of standing and seated exercises to strengthen your muscles and joints, to improve your posture and flexibility, and to build your endurance and awareness of your body in space.

CORE & FUNCTIONAL STRENGTH (Winter Session: VIRTUAL ONLY)							
T	7:55-8:55am	\$165	\$176	\$209	\$150	\$160	\$190
Th							
IMPROVE YOUR BALANCE + CARDIO (Winter Session: VIRTUAL ONLY)							
W	8:00-8:45am	\$154	\$165	\$176	\$140	\$150	\$160



FREE ACTIVITIES

The NSYMCA offers a variety of free social opportunities for adults in our community geared toward bringing people together for fun, entertainment and to support one another. Join us for any or all the following by contacting [Karen Brownlee](mailto:kbrownlee@nsymca.org) at kbrownlee@nsymca.org to register.

BRAIN GAMES

Mondays, Wednesdays and Fridays at 9:15 am

CAREGIVER SUPPORT GROUP

Fridays at 10:30 am

SOCIAL CLUB DINNER

4th Monday of the month at 5:30 pm





YMCA EDUCATION SERIES

North Suburban YMCA

PRESENTED BY: NORTHBROOK WOMAN'S CLUB FOUNDATION

LEARN FROM EXPERTS IN OUR COMMUNITY ABOUT TOPICS THAT ARE OF INTEREST TO YOU!

The NSYMCA, in cooperation with our partners, is pleased to present the YMCA Education Series (Y.E.S.) where professionals share their expertise about health, wellness, life planning, estate planning, financial planning, internet safety, physical therapy, fitness, meditation, nutrition, and the list goes on. Each week different speakers share their knowledge during virtual presentations which are also recorded and offered as podcasts for later viewing. To find a list of upcoming Y.E.S. programs visit our website at www.nsymca.org!

For more information on how to be a presenter or sponsor, contact Kim Nyren at knyren@nsymca.org.

Use our QR Code to
view our latest Y.E.S.
Programming talks



THANK YOU TO OUR 2023 Y.E.S PARTNERS



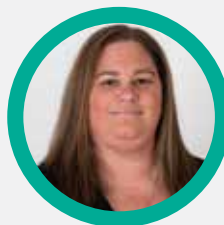
Northbrook Woman's Club



AQUATICS

DID YOU KNOW?

The YMCA has long been known as the gold standard for swim lessons. After all, the Y organized the very first group swim lessons in 1909. Here at the NSYMCA, we continue that tradition, offering swim lessons for individuals of all ages and abilities. Our knowledgeable and helpful staff want to ensure everyone has a chance to be confident, happy, and safe in the water.



Missy Contri
Aquatics Director
mcontri@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org



FREQUENTLY ASKED QUESTIONS

Q: What level do I register my child for?

A: All swimmers will be tested on the first day of class and placed in the appropriate level. If your swimmer tests into a different level not offered during that class, they will need to move to the correct class.

Q: Does the Y allow make-up lessons?

A: Due to the popularity of the program our classes fill to capacity. This makes make-up classes not possible. We find that moving a child to another class even one time affects the dynamics of the class. Our instructors teach to the individual and will work to ensure that missing one or two classes will not affect the child's progress.

Q: My child has some special needs/ circumstances. Do you have instructors that are trained in special needs?

A: Swimmers with special needs are always welcome. We have a well developed swim program and staff that are highly versed in special needs. If your child does have needs, please let the instructor know so we can offer the best lesson possible.

Q: Can my child sign up for 2 swim lessons?

A: Participants can register for only one swim lesson per day. Participants cannot register for consecutive swim lessons on the same day. Data has shown that back to back lessons are not efficient for learning as the lesson starts over with a different instructor for the second 30-minute swim class.

LIFEGUARD CLASSES

LIFEGUARD BLENDED LEARNING CLASS

Learn the skills and knowledge required to become an American Red Cross lifeguard, including how to recognize, prevent and respond quickly to aquatic emergencies. Learn CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person, in-water, and online components.

COST: YM \$250 NM \$285

LIFEGUARD REVIEW CLASS

Review the skills and knowledge including how to recognize, prevent and respond quickly to aquatic emergencies. Including CPR for the Professional Rescuer, AED, and First Aid. This course incorporates in-person, in-water, and online components. Participants must have a current American Red Cross Lifeguard Certification or recently expired certification within 30 days.

COST: YM \$150 NM \$165

LIFEGUARD INSTRUCTOR CLASS

The Red Cross Lifeguard Instructor Course provides training for becoming a certified Lifeguard Instructor. Candidates must have prior experience as a Red Cross Lifeguard with a current lifeguard certification. This program is designed to teach candidates how to present the information using Red Cross guidelines and all course information so, candidates must have a good working knowledge of the Lifeguard Program to successfully complete this course. This program is not designed to teach candidates any part of the lifeguard program or certify them as Lifeguards.

Requirements:

- Must be 17 years or older
- Must hold a current Red Cross Lifeguard/CPR/AED/First Aid certification
- Must test out of all Red Cross Lifeguard written & skills tests on the first day of class.

COST: YM \$300 NM \$350

LIFEGUARD INSTRUCTOR REVIEW COURSE

This in-person Instructor review course is the required course for all Lifeguarding Instructors to re-certify. During this course Lifeguarding Instructors and Instructor Trainers will participate in an in-water practice and polish skills session in addition to a classroom-based review of Red Cross administrative policies and procedures.

COST: YM \$150 NM \$165



**Class schedules and registration
available online.**

**SCAN QR CODE TO
VIEW ONLINE:**



**Contact Missy Contri for
more information.**



PRIVATE SWIM LESSONS
3 yrs – Adult

These one-on-one lessons are 30 minutes in length. DIRECTOR’S APPROVAL IS NEEDED PRIOR TO REGISTRATION. Interested swimmers should fill out a Private Swim Lesson request form. We are known for our special needs private lessons specifically designed for each participant with the initial goal of water safety in and around the water. Please contact [Missy Contri at mcontri@nsymca.org](mailto:mcontri@nsymca.org) for more information.

2024 WINTER/SPRING SESSION	Winter (1/8-3/24)		Spring (4/1-6/9)	
Day	\$ YM	\$ NM	\$ YM	\$ NM
Monday	\$550	\$880	\$450	\$720
Tuesday			\$500	\$800
Wednesday				
Thursday			\$450	\$720
Friday			\$400	\$640
Saturday			\$450	\$720
Sunday				

North Suburban YMCA Swim Lessons use a learn-to-swim progression from water orientation to stroke development that meets the needs of swimmers of all levels. Participants learn water safety skills and proper swimming technique in a fun and supportive environment.

In a progressive program such as ours, correct placement is a key to success. All swimmers will be tested on the first day of class and placed in the appropriate level. Children will be advanced to the next level as soon as they have mastered the required skills. Some levels are more difficult than others and are designed to take several sessions to complete before advancing. For specific swim levels please visit us online at nsymca.org.



PARENT-CHILD SWIM LESSONS

6 mo – 3 yrs with Adult

Parents accompany their child in the water, which allows infants and toddlers to gently discover the aquatic environment and encourages them to enjoy the water while learning. Children will explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Children must wear swim diapers (with snug-fitting elastic around the legs) under a swimsuit.

PRESCHOOL SWIM LESSONS

3–6 yrs

Our preschool swim lessons introduce water propulsion, floating, body awareness, and independence, all while focusing on water safety. We introduce the basic swim strokes, including front crawl and back crawl. Swimmers will learn swim skills designed for preschoolers based on their body development. Preschool levels are: Pike, Eel, Ray, and Starfish.

YOUTH SWIM LESSONS

6–14 yrs

Youth swim levels will introduce water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl and back crawl. Advanced levels will learn the competitive strokes and work on building swim endurance. Youth levels are: Polliwog, Guppy, Minnow, Fish, Flying Fish, and Shark.

ADULT & TEEN SWIM LESSONS

14 yrs – Adult

Adults and teen lessons are taught in a smaller group setting, concentrating on the needs of individual swimmers as their skills progress. Beginner and Intermediate levels will emphasize water propulsion, floating, body awareness, and independence, all while introducing the basic swim strokes of front crawl, back crawl, and breaststroke.



HELP SAVE A CHILD'S LIFE!

The 2 Seconds, 2 Long Swim Safety Program is focused on giving all 1st & 2nd graders in our community the opportunity to become safe around water without regard to their ability to pay for lessons.

For more information, please contact Missy Contri at mcontri@nsymca.org

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
PARENT – CHILD SWIM LESSONS									
Parent – Child	6 mo–3 yrs	M	6:00–6:30pm	\$176	\$198	\$242	\$144	\$162	\$198
		Th	10:15–10:45am				\$160	\$180	\$220
		Sa					\$128	\$144	\$176
PRESCHOOL SWIM LESSONS									
Preschool Block – All Preschool Levels	3 yrs – K	M	6:00–6:30pm	\$204	\$226	\$286	\$167	\$185	\$234
		T	10:15–10:45am				\$185	\$205	\$260
			10:45–11:15am						
			4:15–4:45pm						
			10:15–10:45am						
		Th	10:45–11:15am				\$148	\$164	\$208
			5:25–5:55pm						
			Sa						
		10:50–11:20am							
Sports & Swim	See page 27								
Art & Swim	See page 47								
YOUTH SWIM LESSONS									
All Youth Levels	1st–14 yrs	M	6:35–7:05pm	\$204	\$226	\$286	\$167	\$185	\$234
			7:10–7:40pm						
		Tu	4:50–5:20pm				\$185	\$205	\$260
			5:25–5:55pm						
		Th	4:15–4:45pm				\$148	\$164	\$208
			4:50–5:20pm						
		Sa	9:05–9:35am						
			9:40–10:10am						
			11:25–11:55am						
ADULT & TEEN SWIM LESSONS									
All Levels	14 & up	M	10:45–11:15am	\$204	\$226	\$286	\$167	\$185	\$234
			11:15–11:45am						
			7:45–8:15pm						
		Tu	11:15–11:45am				\$185	\$205	\$260
		Th							



SPECIAL OLYMPICS
FLYING TURTLES SWIM TEAM
8-22 years

The North Suburban YMCA Special Olympics Swim Team is well known on the North Shore for offering our swimmers the best combination of the team sport of swimming and individual challenge in a social environment. All participants must be at least 8 years old with intellectual disabilities and able to swim 25 yards on their back and front unassisted.

Participants are welcome to register for 1, 2 or all 3 days during the week but only 1 practice time per day. Swimmers may be asked to move to a different practice time on the same day based on the swimmers needs and swim groups.

All new swimmers will be asked to come in for a water acclimation to determine the best options going forward. Please contact [Missy Contri at mcontri@nsymca.org](mailto:mcontri@nsymca.org) for swim assessment.



2024 WINTER/SPRING SESSION - 14 WEEKS			Winter (1/8-3/24)		Spring (4/1-6/9)	
Age	Day	Time	\$YM	\$ NM	\$YM	\$ NM
8-22 yrs	W	4:15-4:55pm	\$237	\$297	\$215	\$270
		5:00-5:40pm				
	F	4:15-4:55pm			\$194	\$243
		5:00-5:40pm				
	Su	11:30-12:10am				
		12:15-12:55pm				

For more information please visit us online at nsymca.org.



SWIM TEAM/CLUB PROGRAM
8 years – 18 years

The NSYMCA swim team program focuses on endurance & stroke mechanics as we are a non-competitive developmental program. Our goal is to help bridge the gap between swim lessons and competitive swim team programs. Swimmers work to refine their strokes in a swim team/club type environment. Swimmers will pick 2 practice time upon registration.

For swim club and to try out, swimmers should be able to swim full lengths (25-50 yards) of all strokes including proper breathing. Please contact [Missy Contri](mailto:mcontri@nsymca.org) at mcontri@nsymca.org for swim assessment.

Current swim lesson participants may join swim team without trying out if eligible. Swimmers with Fish level skills will join the intermediate swim group. Swimmers with Flying Fish or Shark level skills will join the advanced swim group.

Try outs are available. Please email mcontri@nsymca.org for skill assessment or class placement.



2024 WINTER/SPRING SESSION				Winter 11 WEEKS (1/8-3/24) 2 DAYS		Spring 9 WEEKS (4/1-6/9) 2 DAYS	
Class	Age	Day	Time	\$ YM	\$ NM	\$ YM	\$ NM
Swim Team (Intermediate)	8-18 yrs	M	4:15-4:55pm	\$358	\$605	\$315	\$495
		W	6:00-6:40pm				
		F	4:15-4:55pm				
Swim Team (Advanced)		M	5:00-5:50pm	\$413	\$770	\$360	\$630
		W	6:45-7:25pm				
		F	5:00-5:50pm				
For more information please visit us online at nsymca.org.							

FREE WATER FITNESS CLASSES

FOR MEMBERS

AQUA BLAST

Adult

An invigorating water workout that is a mid-intensity level class for all ages, skill and fitness levels. The workout is designed for shallow water where more resistance occurs so challenge your body and core through water resistance exercises.

AQUA COMBO

Adult

This gentle combination of shallow water and deep water aerobics is perfect for those who want a great all-around workout. This class promotes strength, relaxation, improved circulation, and increased mobility and flexibility. This class is designed for anyone with any joint or mobility problems, recovering from surgery, or simply needing a slow, gentle exercise program.

AQUA ZUMBA

Adult

Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba classes blend it all into a workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.



**LAP SWIM
AVAILABLE**

SCAN QR CODE FOR SCHEDULE
SEE NSYMCA.ORG FOR MORE INFO



ATHLETICS



Alex Brodell
Sports Coordinator
abrodell@nsymca.org



Jordan Levy
Head Gymnastics Coach
jlevy@nsymca.org



PRESCHOOL SPORTS

3-5 yrs

Come move and play with us this winter and spring at Preschool Sports! Each week we will highlight a different sport from: soccer, basketball, T-ball, & MORE! Whether your little one loves all sports or wants to explore new fun games for the very first time; Preschool Sports is the place to be!

PRESCHOOL SPORTS & SWIM COMBO

3-5 yrs

Try out Preschool Sports & Swim Combo! Our staff will transition all our Preschool Sports participants from our sports class to swimming each session. Two classes worth of activity time and fun with the benefit of our staffs' supervision. Drop off for sports and pick up at the end of swimming!

SPORTS & GYMNASTICS

3-5 yrs

Burn some energy and have fun! Class will have gymnastics work combined with sports such as basketball, soccer and t-ball. We emphasize having fun in a non-competitive environment while learning how to play as a team and improving individual sports and gymnastics skills.



NEW

OTG SPORTS – FLAG FOOTBALL

Grades 2-4

OTG Sports Founder, Chris Martin (Former Chicago Bear and Northwestern Football player) and his experienced team take over the NSYMCA gym this spring to present youth Flag Football. Come learn the fundamentals, from the pro's, in this safe and action-packed 6-week session of football FUN!

To learn more about OTG Sports: otgsports.com

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Preschool Sports	3-5 yrs	Tu	9:15-10:00am	\$154	\$176	\$220	\$140	\$160	\$200
		Th							
Preschool Sports & Swim Combo		Tu	9:15-10:45am	\$286	\$330	\$385	\$260	\$300	\$350
		Th							
Sports & Gymnastics		W	11:00-11:45am	\$154	\$176	\$209	\$140	\$160	\$190
OTG Sports – Flag Football -NEW	Grades 2-4	Sa	11:00-12:30pm				\$150	\$180	\$210

VOLLEYBALL This program was supported by the
Ruth Schultz Bright Days Fund
Grades 2-4

This co-ed program focuses on learning and improving skills such as passing, setting, and serving. Great for players with a minimal experience or looking to get into the game.

ADVANCED VOLLEYBALL
Grades 3-5

This co-ed program focuses on the next step to becoming a complete volleyball player. This class will provide drills on footwork, hitting, passing, setting, and game like scenarios. Great for players in their offseason or looking to sharpen their skills.

BASKETBALL SKILLS & DRILLS
Grades 1-5

Basketball Skills & Drills introduces the game of basketball in a safe and fun environment through skill-building activities and non-traditional games. The program emphasizes teamwork and good sportsmanship while building confidence and skills. Players will learn and strengthen the basic skills of the sport like ball handling, passing, shooting, rebounding, defense and more. Each session will also feature a wide variety of more than 30 innovative and exciting activities including: around the world shooting, hot lava dribble, dribble knock out and money ball. We want every child that participates in this program to feel safe, excited and eager to play basketball!



PRIVATE LESSONS AVAILABLE!
Grades 1-12 YM: \$60 NM: \$80
For more information: Alex Brodell
abrodell@nsymca.org

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Volleyball	Grades 2-4	Tu	4:15-5:15pm	\$176	\$198	\$220	\$160	\$180	\$200
		Th							
Advanced Volleyball	Grades 3-5	W	5:30-6:30pm				\$144	\$162	\$180
Basketball Skills & Drills	Grades 1-2	M	4:15-5:15pm						
	Grades 3-5	W					\$160	\$180	\$200



TUMBLE TOTS

2-3 yrs w/ Caregiver

Join your toddler as they experience a gymnastics class for the first time with our Tumble Tots program! This Caregiver-Child class focuses on developing good habits in the gymnastics gym and develops gross motor skills, coordination, and socialization. Tots will be lead through a variety of skills on the gymnastics apparatus with their grown up there to help!

LITTLE GYMNASTS

3-4 yrs

This class is for boys and girls with little or no experience in a structured gymnastics class. Emphasis is on development of motor skills, coordination, and making new friends. This class covers stretching, basic tumbling and an introduction to various gymnastics positions and equipment.

TERRIFIC TUMBLERS

4-6 yrs

This class is designed for boys and girls who are new to our gymnastics program or have successfully completed our Little Gymnasts program and want to enhance coordination and improve body awareness and strength. In addition to the basic tumbling, more advanced tumbling skills and instruction on bars, beam, and vault will help enable a smooth transition into the Progressive Level Gymnastics.

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Tumble Tots	2-3 yrs w/adult	M	10:30-11:00				\$108	\$126	\$153
		Sa	9:00-9:30am				\$96	\$112	\$136
			9:30-10:00am						
Little Gymnasts	3-4 yrs	M	10:00-10:30 am	\$132	\$154	\$187	\$108	\$126	\$153
			6:30-7:00pm						
		W	9:30-10:00 am				\$120	\$140	\$170
		F							
		Sa							
Terrific Tumblers	4-6 yrs	W	10:00-10:45am	\$143	\$165	\$198	\$117	\$135	\$162
			6:30-7:15 pm						
		F	10:00-10:45 am				\$130	\$150	\$180
		Sa	10:30-11:15 am				\$104	\$120	\$144

GYMNASTICS: PROGRESSIVE BLOCK

Gymnasts are assessed on the first day of progressive block classes and assigned to the appropriate levels within each time block

BEGINNER

Grades 1-8

This is the first level in our Progressive Gymnastics Program. Emphasis will be on floor work, form, and improving strength. Basic work on uneven bars, balance beam, and vault will be taught.

ADVANCED BEGINNER

By placement only, must have completed one full session in our beginner class

In this class gymnasts will begin working on advanced progressions of their basic skills, such as back handsprings and back hip circles on bars. To enter this class, you must have a pullover on bars a running straight jump with assemble on vault and a bridge stand-up or back bend on floor.

This program was supported by the Ruth Schultz Bright Days Fund



2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$NM	\$ YM	\$ YM	\$ NM
Beginner	Grades 1-8	M	4:15-5:15pm	\$165	\$187	\$220	\$135	\$153	\$180
		W	5:15-6:15pm						
		F	4:15-5:15pm				\$150	\$170	\$200
		M	5:15-6:15pm						
Advanced Beginner		W	4:15-5:15pm				\$135	\$153	\$180
			5:15-6:15pm						
		F	4:15-5:15pm				\$150	\$170	\$200
			5:15-6:15pm						
Beginner/Advanced Beginner	Grades K-12	Sa	10:00-11:00am				\$120	\$136	\$160

GYMNASTICS: COMPETITIVE

The NSYMCA Competitive Gymnastics Team is a USA Gymnastics Xcel Team that competes throughout the area in USAG Sanctioned meets. Please note that additional fees are required for meets and team apparel.

PRE-TEAM GYMNASTICS

By placement only

The Pre-Team gymnastics program focuses on continuing to develop new and more difficult skills on gymnastics apparatus while fine-tuning previously learned skills in preparation for the competitive team program. Focus is on strength, flexibility, conditioning and form. Pre-Team gymnasts are required to attend practice two days per week.

COMPETITIVE TEAM

By tryout only

The Competitive Team is an USAG Xcel Gymnastics Team that will be working on optional routines on all apparatus. Gymnasts are required to attend practice three days a week and must be NSYMCA Members. To arrange a tryout, please email [Jordan Levy at jlevy@nsymca.org](mailto:jlevy@nsymca.org).

This program was supported by the Ruth Schultz Bright Days Fund



2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Pre-Team	By Placement Only	M, W	4:15-6:30pm	\$440	\$484	\$550	\$380	\$418	\$475
Competitive Team	Tryout Only	M, W, F		\$726	\$792		\$616	\$672	

GYMNASTICS – OPEN GYM

Open Gymnastics is on **Saturday from 12-2pm** to practice skills and routines under the supervision of coaches.

Punch cards may be purchased at the front desk. Children under 10 must be accompanied by a parent or guardian.

PUNCH CARD	Age	Day	\$
Punch Card – Single	Grades 1-12	Sa	\$10
Punch Card – 5 Punch			\$40
Punch Card – 10 Punch			\$70

FREE FOR MEMBERS

ADULT LAP SWIMMING

Adult

Adult lap swimming is available every day. Visit us at nsymca.org for an updated pool schedule.

OPEN ADULT BASKETBALL

Adult

Adult Basketball is available. Visit us at nsymca.org for an updated gym schedule.

RACQUETBALL

Adult

Members can make reservations online at nsymca.org for free open court time.



PICKLEBALL

Below is our official pickleball schedule:

Up to three courts available

Tuesdays & Wednesdays

6:30am–8:00am (Open Pickleball)

8:00am–9:30am (Pickleball Reservation)

Thursday & Fridays

9:00am–10:30am (Open Pickleball)

10:30am–12:00pm (Pickleball Reservation)

Sundays

9:30am–11:00am (Open Pickleball)

11:00 AM –12:30 PM (Pickleball Reservation)

FEES

Open Pickleball (90 Minutes)

YM: FREE NM: \$5

Pickleball Court Reservations (90 Minutes)

M: \$10 NM: \$30



Supporting the
Community



Allstate
You're in good hands.

RACQUETBALL LESSONS

Adult

We offer private, semi private, and group lessons. Learn and improve your game with our beginner and intermediate/ advanced classes. To register or for more information, email Howard Robbins at howier623@gmail.com

REGISTER FOR DRILL CLASSES!

Learn how to:

- Return/ Serve
- Backhand and Drill/Play
- Ceiling Shots
- Kill Shots / Rollout
- Pinch/ Passing Shots

\$ YM	\$ NM
1 class \$20	1 class \$30
3 classes \$54	3 classes \$81
6 classes \$102	6 classes \$153

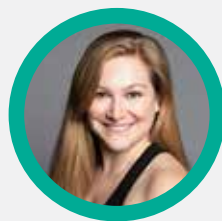


NSSOD



North Suburban
School of Dance

North Suburban YMCA



Val Lober

Performing Arts Director

vlober@nsymca.org

ALL INCLUSIVE PRICING

Price is for the entire winter/spring recital session. It includes costume, recital admission, digital download of recitals and instruction for 5 months.

**VISIT ONLINE TO VIEW OUR
MOST UP TO DATE DANCE
DRESS CODE.**

RECITAL 2024

SAT. JUNE 8th

LOYOLA ACADEMY

1100 Laramie Ave
Wilmette, IL 60091

Dress Rehearsals will be scheduled Thursday June 6th and/or Friday June 7th.

A detailed Recital Handbook will be available before Spring Break.

Recital times for each class can be determined by corresponding colors:

Pink: 10am

Blue: 1pm

green: 4pm



PRIVATE DANCE LESSONS

PRIVATE DANCE LESSONS

\$60 PER LESSON

6 yrs & up

Private lessons are a great way for dancers to catch up or quickly improve their skill. Students work one on one with our teacher to learn material from their selected genre of dance. This can be a onetime lesson to work on a specific skill or an ongoing set of lessons to help students improve their overall skills. Please contact the Performing Arts Office to set up a time for your dancer.

Carte Blanche

4 & 5 Classes: YM: \$1,514 NM: \$1,914

6 & 7 Classes: YM: \$1694 NM: \$2104

Includes Costumes Fee!

BALLET RHYTHMS

3 yrs by 9/1/23

Preschoolers work on large motor skills, simple ballet steps, creative movement and limited tumbling. Fun stretches, creative games, and a variety of props are used to enhance learning.

BALLET BEATS

4 yrs by 9/1/23

Students improve large motors skills, while learning basic ballet positions and begin work on simple ballet movements. The continued use of fun stretches, creative games, and a variety of props enhance learning.

BALLET AND TAP BEATS

4-5 yrs by 9/1/23

In this combination class, students work on basic ballet and tap steps. This class will teach the large motor skills, basic ballet positions and steps along with beginning tap technique. A great introduction to both disciplines.

BALLET DESIGNS

5 yrs by 9/1/23

Kindergarten students work on basic ballet skills and movements. More complex concepts in dance are introduced along with more challenging tumbling. Hard work is still rewarded with fun dance games and the use of props.



2024 WINTER/SPRING SESSION				Winter/Spring (1/8-6/9)			
				NOW	12/11		
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	Recital
Ballet Rhythms	3 yrs	W	4:30-5:15pm	\$355	\$379	\$472	10 am
		Sa	10:30-11:15am	\$342	\$364	\$453	4 pm
Ballet/Tap Beats	4 yrs	Th	4:15-5:15pm	\$379	\$402	\$495	1 pm
Ballet/Tap Beats/Designs	4-5 yrs	Sa	11:15-12:15pm	\$364	\$386	\$475	1 pm
Ballet Designs	5 yrs	Tu	5:15-6:00pm	\$355	\$379	\$472	10 am
Ballet/Tap Designs	5 yrs	W	5:15-6:15pm	\$379	\$402	\$495	4 pm

BALLET

6 yrs and up

Ballet is the foundation of all dance forms. Emphasis is on placement, balance, control, discipline, and clean lines. It is **STRONGLY** recommended when studying all other dance forms. Strength and flexibility will also be highlighted through the use of good technique. Ballet positions, barre work, center combinations, and large movements are part of the ballet syllabus. Each level is studied for at least one year, with some levels requiring two or more years.

BALLET: POINTE

By placement only

Dancing en pointe requires considerable strength and skill and is a central part of a professional dancer's training. Students must be at least 12 years old and have had several years of ballet training in order to develop the strength and support their bodies need en pointe. In order to be considered for pointe work, students must be enrolled in at least two ballet classes per week and have approval from the instructor.



2024 WINTER/SPRING SESSION				Winter/Spring (1/8–6/9)				
				NOW	12/11			
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	Recital	
Ballet 1	6–10 yrs	W	4:15–5:15pm	\$384	\$407	\$500	10 am	
		Sa	12:15–1:15pm	\$369	\$391	\$480	10 am	
Ballet 2	6–9 yrs	Tu	4:15–5:15pm	\$384	\$407	\$500	4 pm	
Ballet 2 10+	By Placement		5:15–6:15pm				1 pm	
		7:15–8:15pm	4 pm					
Ballet 3/4		W	4:15–5:30pm	\$407	\$430	\$524	4 pm	
Ballet 4			Sa	12:15–1:30pm	\$391	\$414	\$503	1 pm
Ballet 4 + Pointe Prep/Pointe I		12:15–2:00pm		\$458	\$480	\$569	1 pm	
Ballet 5		Tu	4:45–6:00pm	\$407	\$430	\$524	4 pm	
Ballet 5/6		W	6:30–8:00pm	\$454	\$477	\$566	1 pm	
Ballet 5/6 + Pointe II			6:30–8:45pm	\$553	\$579	\$685	1 pm	
Ballet 5/6		Sa	10:15–11:45am	\$436	\$458	\$543	1 pm	4 pm
Ballet 5/6 + Pointe III			10:15–12:15pm	\$480	\$503	\$592	1 pm	4 pm

JAZZ

6 yrs and up

Jazz is a popular genre of dance that uses contemporary music, rhythmic clarity and style in its performance. Classes focus on flexibility, strength, locomotor movement and coordination taught through warm ups, across the floor and center combinations. Dancers can expect to work on a variety of isolations, jumps and turns throughout class.

TAP

6 yrs and up

Tap promotes coordination and an acute sense of rhythmic patterns. Warm-ups, combinations and short routines are a part of the tap curriculum. Tap encourages the retention of movement patterns and aids in the development of kinetic memory.



2024 WINTER/SPRING SESSION				Winter/Spring (1/8–6/9)				
				Now	12/11			
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	Recital	
Jazz 1	6–10 yrs	W	5:00–6:00pm	\$384	\$407	\$500	10 am	
Jazz 2	By Placement Only		Tu				6:15–7:15pm	4 pm
Jazz 3		1 pm						
Jazz 4		By Placement	M	5:15–6:15pm	\$369	\$391	\$480	4 pm
Jazz 5	Tu			6:15–7:30pm	\$391	\$414	\$503	10 am
Jazz 6			7:15–8:30pm	\$407	\$430	\$524	1 pm	4 pm
Tap 1	6–10 yrs	Th	5:15–6:00pm	\$360	\$384	\$477	10 am	
Tap 2	By Placement Only		4:30–5:15pm				4 pm	
Tap 3/4			5:15–6:15pm	\$384	\$407	\$500	10 am	
Tap 5/6			6:15–7:15pm				1 pm	4 pm

CONTEMPORARY MODERN

8 yrs and up

This class will consist of both Modern and Contemporary teachings and foundations with choreography that blend both styles. Dancers can expect concentrated warm ups focusing on placement, balance, flexibility, strength, use of parallel positions, and development of intention, emotion, and energy through expression. Ballet and Jazz are strongly recommended when studying Contemporary Modern.

MUSICAL THEATRE

8 yrs and up

Musical Theatre is a style of performance that encompasses dance and acting. Students will dance and act to songs from a variety of classic and modern Broadway musicals.

POMS

7 yrs and up

This energetic class is perfect for students who want to have fun, or may be interested in joining a poms team. High energy dance-based routines are taught and focus on precision, flexibility, jumps and turns.



2024 WINTER/SPRING SESSION				Winter/Spring (1/8-6/9)			
				NOW	12/11		
Class	Age	Day	Time	\$ YM	\$ YM	\$NM	Recital
Contemporary Modern 1	8-12 yrs	Th	5:15-6:15pm	\$384	\$407	\$500	1 pm
Contemporary Modern 2	By Placement Only	W	5:30-6:30pm				1 pm
Contemporary Modern 3			6:00-7:15pm	\$407	\$430	\$524	10 am
Contemporary Modern 4		Tu	6:00-7:15pm				10 am
Musical Theatre 1	8-12 yrs	W	5:15-6:15pm	\$384	\$407	\$500	1 pm
Poms 1	7-11 yrs	Th	4:30-5:15pm	\$360	\$384	\$477	4 pm
Poms 2	By Placement Only		6:15-7:15pm	\$384	\$407	\$500	1 pm
Poms 3			5:15-6:15pm				10 am
Poms 4			7:15-8:15pm				10 am



HIP HOP

6 yrs and up

This class focuses on teaching rhythmic patterns, agility, coordination and strength in an energetic and fast paced class. Class focuses on movement development and choreography without suggestive music or movements.

PBT AND STRETCH

9 yrs and up

This class is taught by a certified Progressing Ballet Technique and mUvmethod flexibility instructor. Designed for dancers looking to build strength, flexibility and stamina, this class focuses on developing deep core muscles while increasing flexibility in a safe method. In addition, dancers will work on alignment and ballet positions using tools such as a stability ball, therabands, and mUvbands. A supply list will be provided at the beginning of the session.

2024 WINTER/SPRING SESSION				Winter/Spring (1/8-6/9)			
				NOW	12/11		
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	Recital
Hip Hop Mini	6-9 yrs	M	6:00-6:45pm	\$347	\$369	\$458	1 pm
Hip Hop Pre Teen	10-12 yrs		6:45-7:30pm				4 pm
Hip Hop Teen	13+		7:30-8:30pm	\$369	\$391	\$480	10 am
PBT & Stretch	10+ yrs	Th	6:15-7:15pm	\$384	\$407	\$500	

ADULT BEGINNING TAP

18 yrs and up

This introductory class will focus on setting the foundations for a fun tap experience by working on rhythms, syncopation, and balance. A great class for teens and adults who wish to start ‘from the top’ with a new style.

***Not offered as a free unlimited class for members.**

ADULT BARRE AND STRETCH

18 yrs and up

Enjoy the numerous health and wellness benefits of a traditional ballet barre technique class that focuses on developing length and strength while finding balance in different ballet combinations. After a barre, release the body with a lengthening stretch portion of class to increase your flexibility.

***Not offered as a free unlimited class for members.**

ADULT PRIVATE DANCE LESSONS

18 yrs and up

Learn a style of dance at your own pace in a one-on-one setting. Private lessons offer a great way for a beginner, or experienced dancer, to get personalized feedback and advancement. This class is perfectly tailored to what you are looking for in a dance class. This is also great for persons in a rehabilitation setting, as dance can help with posture, core strength, and a lengthening of the spine. Please contact the Performing Arts Office to set up a time that works for you!

ADULT DANCE PUNCH CARD (5 punches)

YM EARLY \$72 YM \$78 NM \$100

Adult Dance Workshop

Tipsy Toes



TIPSY TOES ADULT DANCE WORKSHOP

NEW

21 yrs and up

NO DANCE EXPERIENCE NECESSARY

Get ready to loosen and limber up! Whether brand new to ballet or a mature mover for years, this workshop allows adults to come together for the love of dance, exercise, and social gain in a zero pressure environment. Bring a beverage, wear some comfy athletic clothes and either socks or ballet shoes to enjoy a once a month workshop based in ballet technique! BYOB and enjoy!

A minimum of 5 participants must be signed up for each class date to run.

Register at: nsymca.org/tipsytoes

YM \$25 NM \$30

***Punch cards are not valid for monthly workshops.**

2024 WINTER/SPRING SESSION			Winter (1/8-3/24)			Spring (4/1-6/9)			
			NOW	12/11		NOW	3/11		Optional
Class	Day	Time	\$YM	\$YM	\$NM	\$YM	\$YM	\$NM	Recital
Adult Beginning Tap	Th	7:15-8:15pm	\$145	\$156	\$200	\$116	\$125	\$160	10 am
Adult Barre & Stretch	W								

VISUAL ARTS



Cathie Winnie
Visual Arts Director
cwinnie@nsymca.org

ANNUAL ART SHOW

RECEPTION MARCH 3RD

ALL WINTER ART STUDENTS WILL PARTICIPATE IN OUR ANNUAL ART SHOW!

Be a part of our Annual Art Show held at the Northbrook Public Library the month of March. To participate, simply register for a Winter Art class. All Winter Art students will participate. Our reception for the Art Show will be Sunday, March 3rd from 3:00–4:45pm in Children Services at the Northbrook Public Library.



COMMUNITY EVENTS

FREE CHILDREN'S ART PROGRAM AT THE LIBRARY!

Art should be available to everyone, which is why we have partnered with the Northbrook Public Library to offer a FREE art program for children. You need to register for the program by calling [Northbrook Public Library at 847-272-6224](tel:847-272-6224).

2D & 3D COMMUNITY GALLERIES

We are looking for artists who would like to exhibit and sell their work in our Community Galleries. Display and sell your ceramics, jewelry, or other handcrafts at a Pop-Up Gallery in the lobby. For an artist application, please contact Art Director, [Cathie Winnie at cwinnie@nsymca.org](mailto:CathieWinnie@nsymca.org).

GIRL SCOUT/BOY SCOUT BADGE PROGRAM

Our Scout Badge Program helps Boy and Girl Scouts earn badges. Girl Scouts can earn Digital Arts, Arts in the Outdoors, Artist, Craft Creative Play, Storytelling, and more. Boy Scouts can earn Art, Basketry, Carpentry, Graphic Arts, Inventing, Leatherwork, Painting, Photography, Pottery, Pulp & Paper, Sculpture, Textile, Wood Carving, Woodwork, and more. Contact [Cathie Winnie at cwinnie@nsymca.org](mailto:cwinnie@nsymca.org) for info or workshops.



FUN ART WORKSHOPS

FRIDAY NIGHT OUT

Adult

7:00-8:30pm

1/12 – Abstract Line Art

2/9 – Heart Art

3/8 – Acrylic Pour

4/12 – Geometric Workshop

5/10 – Impasto Palette Painting

Price per workshop:

YM \$30 NM \$35



CHILD & PARENT 3D DESIGN

Ages 6+

12:30-2:00pm

Together with your child, you'll learn the fundamentals of design for 3D printing while creating one of the fun projects below. Participants should come with an idea in mind to work on. Items will be available for pickup 1 week after the workshop.

2/4 – Designing for Valentine's Day

4/7 – Designing for Spring Cleaning

6/2 – Designing for Summer Vacation

Price per workshop:

YM: \$45/Pair NM: \$50/Pair

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Art & Swim	3-6 yrs	M	Art: 9:00-9:50am Swim: 10:00-10:30am	\$310	\$344	\$379	\$246	\$274	\$302
			Swim: 9:30-10:30am Art: 10:10-11:00am						
Art Explorers	5-9 yrs		5:15-6:15pm	\$206	\$229	\$264	\$161	\$180	\$208
Preschool Art, *No class 3/24, 5/12, 6/9	3-6 yrs	Su	11:00-12:00pm	\$168	\$189	\$210	\$112	\$127	\$142
Preschool Clay -NEW		Tu	4:15-5:15pm	\$206	\$229	\$264	\$177	\$198	\$230



ART & SWIM

3-6 yrs

This combination class includes a swimming lesson and an art project that promotes creativity and fine motor skills. Y Staff will transfer your child to the pool and help with changing of clothes; no adult needed.

ART EXPLORERS

5-9 yrs

Come explore the fun world of art and all its many mediums – build sculptures, paint pictures, roll out a print.

PRESCHOOL ART

3-6 yrs

This class exposes preschoolers to drawing, painting and the creative process, setting them up for a lifetime of creative thinking. *No class 3/24, 5/12, 6/9

PRESCHOOL CLAY

3-6 yrs

If your child is tactile this is their class to create fun ceramic pieces they can be proud of – all pieces are fired and glazed in our kiln.

NEW

3D TOY DESIGN



Grades K-3

Learn the basics of how 3D modeling applications work and how the process is used to make ideas into real-life objects like 3D printed toys and decorations.

ADVENTURES IN ART

Grades K-3

Do you have a vivid imagination? This very popular class is child-driven and encourages imagination, creativity, and spatial awareness through many 3D projects.

ART EXPLORERS

5-9 yrs

Come explore the fun world of art and all of its many mediums – build sculptures, paint pictures, roll out a print.

CERAMICS & SCULPTURE

Grades K-3

Clay – it's squishy and tactile. Enjoy getting your hands messy using slabs, coils and pinch pots to create fun and functional items that you'll cherish. All clay pieces are fired and glazed in our kiln.

DRAWING & PAINTING

Grades K-3

Do you love to draw? Or mix your own colors? Continue to improve your drawing and painting skills by learning the basic rules and principles of art.

PAINTING PLUS

Grades K-3

Do you love to paint? Learn the language of painting with the color wheel, mixing colors and how to use different brush strokes all in a fun atmosphere.

RESIN

Grades K-3

Learn how to create art using the medium, resin! This class will explore how it works, and what can be made with it. We will use a variety of molds and pigments to create charms, game pieces, and more!

*No class 1/19, 3/22, 5/3



2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
3D Toy Design	Grades K-3	M	4:15-5:15pm	\$210	\$231	\$263	\$198	\$219	\$251
Adventures in Art		W		\$206	\$229	\$264	\$177	\$198	\$230
Art Explorers	5-9 yrs	M	5:15-6:15pm	\$206	\$229	\$264	\$177	\$198	\$230
Ceramic & Sculpture	Grades K-3	W	4:15-5:15pm	\$229	\$252	\$287	\$198	\$219	\$251
Drawing & Painting		M		\$206	\$229	\$264	\$161	\$180	\$208
Painting Plus		Tu	6:00-7:00pm	\$206	\$229	\$264	\$177	\$198	\$230
Resin Art, *No class 1/19, 3/22, 5/3		F	4:15-5:15pm	\$191	\$210	\$238	\$161	\$177	\$203



3D DESIGN & PRINTING



Grades 4-8

Want to delve deeper into 3D design and printing? Learn how to 3D model, design objects and print them like curiosities and fidgets. **No class on 1/10*

CERAMIC TECHNIQUES

Grades 4-8

Clay – there’s nothing like it! Learn how to create more intricate pieces along with new decorative techniques to create cherished pieces. All clay pieces are fired and glazed in our kiln.

DRAWING TECHNIQUES

Grades 4-8

Looking to improve your drawing skills, how to create eyes that follow you, how to create depth, show perspective. Learn all of this and more. Great class to take back-to-back with Painting Techniques. Feel free to bring a snack if taking both classes.

JEWELRY

NEW

Grades 4-8

If you like to wear jewelry, you’ll making your own! Explore the world of jewelry with an artist who makes/sells her own. **No class 4/22*

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
3D Design & Printing, <i>*No class on 1/10</i>	Grades 4-8	W	4:15-5:15pm	\$210	\$231	\$263	\$198	\$219	\$251
Ceramic Techniques			5:15-6:15pm	\$229	\$252	\$287			
Drawing Techniques		Th	5:30-6:00pm	\$137	\$160	\$194	\$114	\$135	\$167
Jewelry <i>-NEW *No class 4/22</i>		M	6:15-7:15pm	\$229	\$252	\$287	\$180	\$198	\$227

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Mix It Up -NEW	Grades 4-8	W	5:15-6:15pm	\$206	\$252	\$287	\$177	\$219	\$251
Painting Techniques		Th	6:00-7:30pm	\$252	\$275	\$298	\$219	\$240	\$261
RPG Video Game Design		M	5:15-6:15pm	\$229	\$252	\$287	\$180	\$198	\$227
Resin Art, *No class 1/19, 3/22, 5/3		F	5:15-6:15pm	\$191	\$210	\$238	\$161	\$177	\$203

MIX IT UP

NEW

Grades 4-8

Explore new mediums and learn how to put them together to make your pieces pop!

PAINTING TECHNIQUES

Grades 4-8

Ever wonder how to paint waves or realistic clouds? Explore the world of painting with acrylics, oils, watercolors, etc. Learn the techniques and brushstrokes that make a painting pop. Great class to take back-to-back with Drawing Techniques. Feel free to bring a snack if taking both classes.

RPG VIDEO GAME DESIGN



Grades 4-8

Use a variety of software to design and develop turn-based Role-Playing video games. This will include image, music, and video editing, as well as game development. The games created can be made available to be played online upon completion. *Note: Depending on the complexity of games, it may take multiple sessions to complete a game.

RESIN ART

Grades 4-8

Learn how to create art using the medium, resin! This class will explore how it works, and what can be made with it. We will use a variety of molds and pigments to create jewelry, trendy decor for your room, and more!

*No class 1/19, 3/22, 5/3



VISUAL ARTS: 16+

PHOTOGRAPHY

Ages 16+

Delve into exposure control, composition, light, subject/moment, landscape/wildlife, travel, lighting, workflow and how to put it all together for storytelling. Required: camera, can be a cell phone with camera and a USB drive to transfer photos to computer.

2024 WINTER/SPRING SESSION			Winter (1/8-3/24)			Spring (4/1-6/9)		
			NOW	12/11		NOW	3/11	
Day	Time		\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Th	7:00-8:30pm		\$252	\$275	\$298	\$219	\$240	\$261

VISUAL ARTS: SPECIAL NEEDS

SPECIAL NEEDS ART

Age 14+

For those who need more one-on-one help when exploring art and enjoy a smaller classroom setting.

2024 WINTER/SPRING SESSION		Winter (1/8-3/24)			Spring (4/1-6/9)		
		NOW	12/11		NOW	3/11	
Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
W	6:15-7:00pm	\$251	\$273	\$295	\$219	\$239	\$259



VISUAL ARTS: ADULT

PAINTING WITH MADDIE

Adult

Come paint with Maddie, a renown local artist who's shown in many prestigious fine art shows! You'll explore various mediums, like oils, watercolors, acrylics while breaking down painting techniques all in a fun, relaxed atmosphere. No prior painting experience needed.

PHOTOGRAPHY

Ages 16+

Delve into exposure control, composition, light, subject/moment, landscape/wildlife, travel, lighting, workflow and how to put it all together for storytelling. Required: camera, can be a cell phone with camera and a USB drive to transfer photos to computer.

CREATE YOUR OWN CLASS

Adult

Do you have several friends who would enjoy several weeks of painting, or clay or learning how to use different mediums? Create your own class with your own timeline.

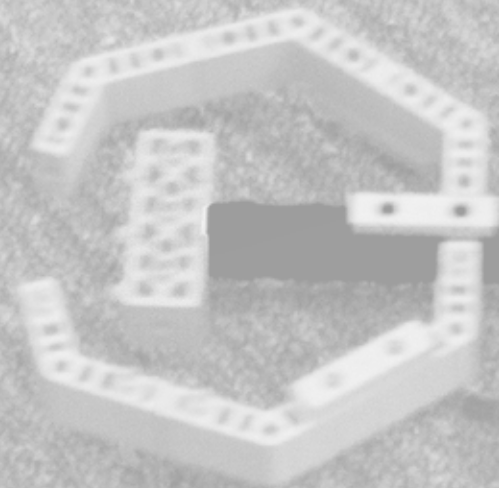
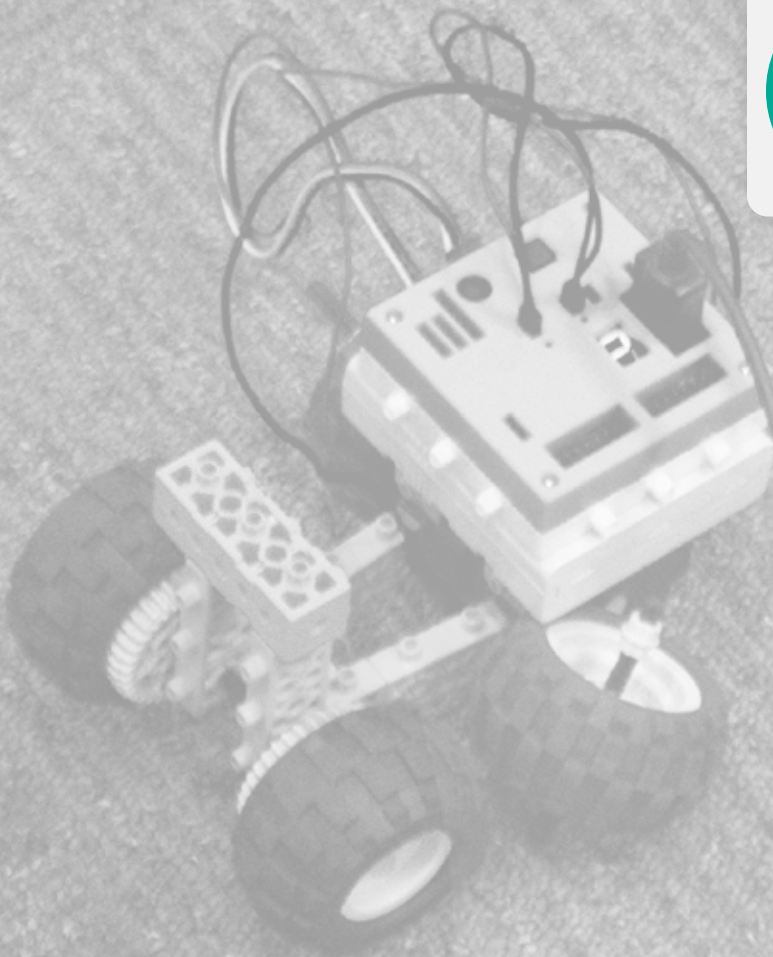
Email Visual Art Director, Cathie Winnie at cwinnie@nsymca.org for further information on how to build your own class.

2024 WINTER/SPRING SESSION			Winter (1/8-3/24)			Spring (4/1-6/9)		
			NOW	12/11		NOW	3/11	
Class	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Painting w/ Maddie	Tu	7:00-8:30pm	\$252	\$275	\$298	\$219	\$240	\$261
Photography	Th							

YOUTH DEVELOPMENT



Shannon Sliwinski
Youth Development
Director
SSliwinski@nsymca.org





SCHOOL DAYS OUT



Grades K-5th

Camp is available every day that Districts 27, 28, 30, and 31 schools are all out! Activities include:

- Field Trips
- Games
- Swimming
- Art Projects

Register early, as these days fill up quickly!

Camps run from 8:00 – 6:00 pm on: 1/15, 2/19

Spring Break Camp:

3/25, 3/26, 3/27, 3/28 3/29

***Dates and Trips are Subject to Change**

RATES: YM \$75 NM \$90

Registration closes the Wednesday before. If there is availability we can add participants but a \$10 fee is added.

***NO REFUNDS** will be given one week prior to trip without doctor's note.

Visit Our Website For Updates!



ADVENTURE GUIDES



ARE YOU INTERESTED IN A FATHER/CHILD OR MOTHER/CHILD EVENT?

Have you thought about getting the whole family together for an Adventure Guides outing? Please contact [Ricky Gonzalez rgonzalez@nsymca.org](mailto:rgonzalez@nsymca.org).

In Adventure Guides, you and your child will:

- Spend quality time together developing strong bonds
- Improve communication skills and increase self-esteem
- Lay the foundation for positive, lifelong relationships
- Build a sense of community and belonging
- Learn, teach, and demonstrate leadership skills and positive values
- Give back to your community through service projects

Y-TIME

SUPERVISED AFTER-SCHOOL CARE

With a focus on safety, health, social growth and academic enhancement, Y after-school programs serve youth with a variety of programs and activity options to explore and develop their interests and talents.

In addition to enhancing what they have learned in school, Y-Time includes the following:

- Homework assistance
- Free recreation swimming
- Creating crafts
- Playing sports and games
- Exploring fun with food
- Add on a class such as dance, swim, yoga or art
(regular program fees apply)
- Free transportation provided from most area schools

For more information, please contact
Shannon Sliwinski at ssliwinski@nsymca.org

Rates for 2023–2024 School Year		
Days	\$ YM	\$ NM
3 Days	\$246	\$306
4 Days	\$328	\$408
5 Days	\$410	\$510



NAVIGATOR NIGHTS

MONTHLY FRIDAY NIGHT SOCIAL EVENTS

OPEN TO ALL MIDDLE SCHOOLERS (GRADES 6–8)

FOR MORE INFORMATION: RICKY GONZALEZ
RGONZALEZ@NSYMCA.ORG



ROCK N' ROLL

NEW

0-2 yrs (Parent & Child)

Presented by Bach 2 Rock, gives young children the perfect introduction to music! These weekly, parent-and-child classes include fun activities like sing-alongs, story time, and instrument exploration. We make music fun for parents and children. At the same time, we foster important musical skills, as well as early development in areas like reading, math, and coordination!

ROCK CITY®

NEW

3-5 yrs

Presented by Bach 2 Rock, gives kids the chance to explore instruments at an early age. Our preschool music classes use the power of storytelling to teach musical concepts to kids 3-5 years old. At the same time, students get to explore instruments like the chimes and recorder! This program is open to preschoolers of all skill and experience levels and is a perfect for young children who are starting their first music class.

2024 WINTER SESSION				Winter (1/8-3/24)		
				NOW	12/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM
Rock N' Roll -NEW	0-2 yrs	M	10:00-10:45am	\$253	\$308	\$363
Rock City® -NEW	3-5 yrs	W	11:00-11:45am			





GYM JAM

PARENT & CHILD OPEN PLAY GYM

WED & TH
10 AM - 11 AM
2:30 PM - 3:30 PM

AGES: 0-5
MEMBERS: FREE!
NON MEMBER: \$5

RUN JUMP PLAY EXPLORE

CHESS CLASS BY GLENVIEW CHESS

NEW

Grades K-5

Learn new moves, strategy, and checkmates! National Chess Masters Arjun & Gauri Manoj, of Glenview Chess, will provide all materials, instruction and leadership. Your child can reap the vast rewards that chess has to offer! Emphasis on learning through both game play and solving puzzles.

STICKY FINGERS COOKING CLASS

NEW

Grades K-6

Your kids will have a blast cooking up and devouring our exciting, tasty, and healthy recipes. Our interactive classes incorporate S.T.E.A.M., culture, language, and more, led by our experienced Chef Instructors. Allergies are always accommodated and our plant-forward recipes are nut-free. Explore our lineup of ever-changing weekly recipes below and join us to WHIP up some culinary fun all year! Our cooking classes are perfect for all ages!

KIDS BEGINNER SIGN LANGUAGE

Grades 2-5

This fun, interactive class will cover basic vocabulary including: alphabet, numbers, colors, people, emotions, places, food, drinks, sports, greetings, action verbs & more. Students will engage with partners & small groups while enjoying practice activities, worksheets & games in sign language! The Instructor will customize the pace based on kids' progress & feedback. No prior knowledge of Sign Language is needed.



2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Chess Class -NEW	Grades K-5	F	4:15-5:00pm	\$220	\$242	\$286	\$180	\$198	\$234
Sticky Fingers Cooking -NEW	Grades K-6	W	4:15-5:15pm	\$308	\$330	\$396	\$280	\$300	\$360
Kids Beginner Sign Language	Grades 2-5	Th	4:30-5:15pm	\$220	\$253	\$286			

SIGN LANGUAGE 101

Grades 6-8

This engaging class is perfect way to add a new language to your tool kit or brush up on forgotten skills. Sign Language class will start with the alphabet but swiftly build vocabulary to include: conversational greetings, numbers, colors, people, places, things, food, verbs, emotions, activities, holidays & colloquial phrases. In small groups & with partners, participants will play games & role play. No prior knowledge of Sign Language is needed. Bonus: no homework!

BUCKET DRUMMING NEW

Grades 2-5

Ready to learn some funky grooves and jams using the most accessible instrument: A BUCKET?! Get ready to learn this staple instrument of Chicago. In this class, students will learn the proper way to handle drumsticks, snare grooves, and more! This is a great way to begin understanding rhythm and timing in music. By the end of this action-packed course, students will be able to play along to their favorite songs using the funky drum patterns learned with our instructor.

SOARING SELF-ESTEEM NEW

Grades K-5

When kids have strong self-confidence, they give their all to everything they do, are excited about trying new things and know that setbacks are set-ups for learning and growth. It's easy to have confidence in ourselves when things go our way, but when we experience disappointment, it can sometimes be difficult to bounce back. Through engaging stories, fun activities and awesome arts & crafts projects from Adventures in Wisdom®, kids will learn the brain science behind how our mind works, how to shift negative thinking into supportive beliefs, the power of visualization & affirmations, a 5-step process for moving through fear and creating courage and how to become resilient. Imagine what your kids can accomplish when they have strong belief in themselves no matter the circumstance!



2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Sign Language 101	Grades 6-8	Th	5:15-6:00pm	\$242	\$275	\$308			
Bucket Drumming -NEW	Grades 2-5	M	4:15-5:15pm				\$207	\$252	\$297
Soaring Self-Esteem -NEW	Grades K-5	Th	4:30-5:30pm				\$215	\$230	\$245

YOUTH DEVELOPMENT: ONE-TIME S.T.E.A.M. WORKSHOPS

SOCCER BOT JAN 16TH **NEW**

7-12 yrs

Build a robot and play an exciting game of soccer in this workshop! Our lesson plans are built around RoboThink's proprietary kits and STEM curriculum, designed by teachers and engineers. You'll have a blast as you compete against other robots in this fun robotics workshop!

EXPEDITION MARS FEB 22ND **NEW**

7-12 yrs

Inspired by popular movies, NASA and space travel! Come on an adventure building functional robots in this super fun workshop. Kids will learn about space and build an interstellar robot! Your child will have a blast exploring the world of robotic technologies as they build, learn and play.

CODE YOUR OWN ROBOT MARCH 19TH **NEW**

7-12 yrs

In this workshop, students will have an opportunity not only to build a robot, but they'll get to build code to bring it to life! Using RoboThink's own proprietary hardware and software, students can choose from a variety of simple robots and machines that they can then build and code! No experience necessary, just prepare to be amazed!

ONE-TIME S.T.E.A.M. WORKSHOPS:

4:15-5:15PM

YM EARLY \$40 YM \$45 NM \$55

ENGINEER

RACE CARS APRIL 18TH **NEW**

7-12 yrs

This workshop is an exciting opportunity for kids to race their very own race car! Using RoboThink's unique robotics kit, which includes motors, mainboards and sensors, kids will build and customize their own race car to use in a variety of races. This fun and educational experience is perfect for kids who have an interest in robotics and engineering. No experience necessary.

DREAM TEAM

ROBOTICS MAY 14TH **NEW**

7-12 yrs

In this workshop, two heads are better than one, and the more, the merrier! Team up with your fellow students to build the longest roller coaster you can using motors, axles, gears, rubber bands and RoboThink's own proprietary hardware. This is a great opportunity to be exposed to the world of STEM. No experience necessary, just prepare to have loads of fun!



YOUTH DEVELOPMENT: ONE-TIME MAGIC WORKSHOPS

MAGIC WORKSHOPS MARCH 12TH & MAY 30TH

5-12 yrs

Are you ready to amaze all your friends? Now is your chance as you learn to do incredible magic with the "Magic Team of Gary Kantor"! This one-day workshop will teach children how to perform amazing magic tricks. The tricks are designed to be perfect for all ages. Following the class, the children will be putting on shows and amazing audiences with their new magical skills. Each class teaches new tricks, so be sure to sign up for multiple classes. And in addition to just learning the tricks, children will be given their very own magic kit to take home.

ONE-TIME MAGIC WORKSHOPS:

4:30-5:25PM

YM EARLY \$40

YM \$45 NM \$55



CELEBRATING
THE EXTRAORDINARY
IN YOU! JAN 24TH

NEW

Grades K-5

Our uniqueness is truly our greatest superpower! Through engaging storytelling, and fun arts & crafts projects from Adventures in Wisdom®, kids will learn why honoring their special gifts and talents is the greatest gift they can give to themselves and the world. Imagine the unstoppable self-confidence your kids will have when they embrace their incredible individuality!

**BUILDING RESILIENCE
IN KIDS FEB 28TH**

NEW

Grades K-5

Picking ourselves back up after a disappointment is essential for achieving our dreams, and the key to bouncing back quickly is viewing obstacles as opportunities for growth. Through engaging storytelling, interactive discussions and fun activities from Adventures in Wisdom®, kids will practice important mindset tools for viewing setbacks as setups for success, so they can learn from it, come back stronger and thrive in the face of adversity!

THE POWER OF
'YES I CAN!' MARCH 20TH

NEW

Grades K-5

Henry Ford said it best, “whether you think you can, or you think you can’t...you’re right.” The key to achieving our goals starts with believing that it’s all possible. Through engaging storytelling, interactive discussions and fun activities from Adventures in Wisdom®, kids will learn how to create supportive belief systems that give them the courage to bust outside their comfort zones and live out their dreams.

ONE-TIME MINDFULNESS WORKSHOPS:

4:30-5:30PM

YM EARLY \$35

YM \$40 NM \$50

NATURE GREEN EXPLORERS COMPANY

Did you know the average American child can identify roughly 1,000 corporate logos, but can only identify a handful of plants and animals native to their hometown? We created Green Explorers Club to change those numbers. In our classes, your child will learn about nature and sustainability through hands-on projects and life science experiments that help them understand and navigate our changing planet.

FROGS IN WINTER JAN 19TH

NEW

Grades K-5

Most kids know that some animals migrate, and some hibernate during the winter months, but they might not know that many animals adapt! In this class, kids will learn all about the frog and its animal superpower to adapt during the winter weather. Kids will make their own frozen frog habitats with model magic, slime, and shaving cream!

INVASIVE SPECIES

ASIAN CARP FEB 9TH

NEW

Grades K-5

Did you know that an invasive species is a non-native species introduced to an ecosystem? These non-native species, whether an animal or plant species, disrupt and can destroy its new ecosystem. In this class, kids will learn all about the Copi Carp (formerly Asian Carp) which has taken over the Great Lakes. Kids will make their own Copi Carp windsocks.

COMPOST IN

A BOTTLE MARCH 15TH

NEW

Grades K-5

Kids likely know what recycling is, but do they know about composting? In this class, kids will learn all about what compost is, why it's important and what can and cannot be composted. Kids will make their own miniature compost bins in a recycled bottle, observe it turn to compost, and then finally after several weeks, add it to their gardens!

GARDEN SEEDS APRIL 19TH

NEW

Grades K-5

While most of us rush to garden centers when Spring comes, it's just as easy to start your own garden seeds. In this class, kids will identify a variety of seeds, learn how to make their own raised garden bed soil, and then plant their own seeds to get ready for their own gardens.

MONARCHS MAY 17TH

NEW

5-12 yrs

One of the most recognizable and important butterflies kids recognize is the monarch. These beautiful butterflies are crucial to our ecosystem and are sadly endangered. In this class, kids will learn about the monarch's superpower and make their own milkweed seed balls to plant in their gardens so they can help support this amazing species.



ONE-TIME NATURE WORKSHOPS:
4:30-5:30PM

YM EARLY \$35 YM \$40 NM \$50

SPECIAL SERVICES

WE CAN DO
GREAT THINGS
TOGETHER



Ellen Mirochnick
Special Services
Coordinator
emirochnick@nsymca.org



Tom March
Aquatics Liaison
tmarch@nsymca.org



EXERCISE CONNECTION

11+ yrs

In partnership with the YMCA's Special Services, an Exercise Connection (EC) instructor leads a class for individuals with Autism Spectrum Disorder, Developmental Delays and other special needs. This highly visual, well-structured class encourages independence and enhances social skills while improving fitness levels. Visit exerciseconnection.com for more information.

YOGA

11+ yrs

Enjoy a weekly yoga practice designed for those with special needs. Improve strength, balance, and flexibility while reducing stress. Practice guided meditation along with breathing techniques designed to calm the mind and body.

HAWKS S.T.E.A.M.

Highschool

This class is designed to engage young adults in a hands on S.T.E.A.M. (Science, Technology, Engineering, Art, Math) curriculum adapted for individuals with unique needs.

FITNESS PROGRAMS

Special Needs Personal Training, *See Page 12

SWIM PROGRAMS

Special Olympics Swim Team, *See Page 26

Special Needs Private Swim Lessons, *See Page 21

ART PROGRAMS

Special Needs Art, *See Page 52

2024 WINTER/SPRING SESSION				Winter (1/8-3/24)			Spring (4/1-6/9)		
				NOW	12/11		NOW	3/11	
Class	Age	Day	Time	\$ YM	\$ YM	\$ NM	\$ YM	\$ YM	\$ NM
Exercise Connection	11+ yrs	Sa	10:00-10:45am	\$374	\$396	\$495	\$306	\$324	\$405
			11:00-11:45pm						
			12:00-12:45pm						
Yoga			12:00 -12:45pm	\$220	\$264	\$308	\$180	\$216	\$252
HAWKS S.T.E.A.M.	Highschool	Th	4:30-5:15pm				\$200	\$240	\$280

REGISTRATION FORM

OFFICE USE ONLY

Applicant Information

Family Name:	
Address:	
City, State, Zip Code:	
Cell/Home Phone:	
Email:	

Please Complete the Following for Youth Programs

Parent/Guardian #1's Name:	
Work Phone:	Cell Phone:
Parent/Guardian #2's Name:	
Work Phone:	Cell Phone:
Emergency Contact:	
Relationship to Applicant:	Phone:

Method of Payment

PLEASE NOTE that a non-refundable association fee of 3% will be added to all credit card transactions.

Credit Card #:	
Exp Date:	CVV#
Card Holder's Name:	

The NSYMCA welcomes all individuals. Please describe any accommodations needed for successful inclusion into our programs.

PROGRAM WITHDRAWALS

I understand that as of January 2018, withdrawals after the start of the session will not receive a refund unless accompanied by a doctors note for medical reasons.

Signature: _____

1 in 5 Y participants receive financial assistance through the Strong Kids Financial Fund.

I would like to make a monthly/one-time donation to the Strong Kids Fund!

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ Other \$ _____

Starting: ____/____/____

Ending: ____/____/____

Program Name	Session	Day	Time	Participant's Name First & Last	Gender	DOB MM/DD/YY

COVID19 LIABILITY WAIVER

Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death.

I understand that my participation in NSYMCA programs and/or accessing NSYMCA facilities could increase the risk of contracting COVID-19.

The NSYMCA in no way warrants that COVID-19 infection will not occur through participation in NSYMCA programs or accessing NSYMCA facilities.

WAIVER OF RISK & RELEASE

I agree to abide by the facility, program, and membership policies of the NSYMCA at all times while on the premises. I give permission for the above-named participant to be included in photos for publicity purposes. I understand the NSYMCA is not responsible for personal property or personal injury sustained by the participant and I hereby agree to identify and hold harmless the NSYMCA from such losses or injuries. In the event I cannot be reached in an emergency situation involving the above-named participant(s), I hereby give permission to the program leader to seek medical treatment for the above-named participant(s). The NSYMCA reserves the right to change or alter any program without notice.

Signature: _____

POLICIES

Membership must remain current throughout the entire class period to qualify for member rates. Prices are subject to change. A full refund will be issued if you cancel prior to the registration deadline, or if the NSYMCA cancels class. Refunds will be given by check or NSYMCA credit voucher only. Refer to the previous page for complete registration policy. The NSYMCA does not turn anyone away due to inability to pay. If you need assistance, please stop by the Guest Services Desk. Policies are subject to change. If you would like to contribute to the Strong Kids Campaign, please contact Kathy Fielding, CEO, at 847-272-7250 ext. 1213. By signing below, I acknowledge all of the NSYMCA's Policies.



CELEBRATE YOUR NEXT EVENT AT THE NORTH SUBURBAN YMCA!

The NSYMCA offers rental equipment and onsite set-up to accommodate your next party or event.

KIDS PARTIES:

Dance Party, Swim Party, Art Party, Sports Party, Princess Party, and MORE!

nsymca.org/rentals

Joanna Szewczuk at rentals@nsymca.org





SAVE THE DATE



**DINNER &
CASINO NIGHT**
Friday, April 26th
Loft 21



GOLF OUTING
Thursday, July 18th
Chevy Chase Country Club

More Info: nsymca.org/community-strong



NORTH SUBURBAN YMCA
2705 Techny Rd.
Northbrook, IL 60062
nsymca.org